



Supomahkwan-Kesog
Sagar Making Month

April 2009
Vol 09-04

Maehnowesekiyah Wellness Center



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Our Mission

-Provide culturally specific Alcohol, Drug, Mental Health, Adolescent, Domestic Violence, Treatment, Education and Support Services for Native Americans and their Families.

-Be responsive to community needs by providing comprehensive continuum of AODA and other services

-Promote positive relationships between MWC, Resource providers and the Community.

Phone Numbers

Mainline-
(715) 799-3835
Fax
(715) 799-3836
DV Line
(715) 799-3931
DV Hotline 1-888-799-3931
Runaway Hotline 1-800-474-6689

"One Day at a Times" Newsletter

April is Alcohol Awareness Month!

Maehnowesekiyah Wellness Center kicked off this year's observance of Alcohol Awareness Month with an **Alcohol-Free Weekend, April 3, 4 and 5, 2009.**

During the month of April we encourage our Community members to abstain from drinking alcoholic beverages to demonstrate to young people that alcohol isn't necessary to have a good time.

"Alcohol Awareness Month began as a way to inform the American public that alcoholism is a treatable disease, not a moral weakness, and that people who are addicted to alcohol can and do recover" SAMSHA enet-work

On **Friday April 3rd**, Maehnowesekiyah sponsored an Alcohol-Free Dance. Music was provided by "Electric Shock Entertainment." members of our Community including several youth attended and had a "groovy" time.

On **Saturday April 4th**, with the assistance of Lakeshore Lanes, several families came out for the 1st annual Alcohol-Free Bowling event. The families each got 3 games and snacks for everyone.

On **Sunday April 5th**, we encouraged individuals and families to go on their own walk outdoors for health and to reflect on how life can be better without the abuse of alcohol.

You can, at your leisure, log onto alcoholscreening.org to conduct your own Private screening of your use of alcohol; *"the information provided here cannot substitute for a full evaluation by a certified professional".*

You can also send in your Stories or Pictures on how You or Your Family stay drug and alcohol-free and we'll include those in next month's newsletter.



ASK DR. STEVE- Influencing Children

Dr Steve Dakai is the Treatment Supervisor
at Maehnowesekiyah Wellness Center



QUESTION: How much are our children influenced by what their parents do?

ANSWER:

Thank you so much for this very important question! The short answer is: Very much so!

In an interactive study done a couple of years ago, researchers set up a make believe store. Ten second graders were picked, half of the second graders came from households where the adults smoked cigarettes and drank alcohol, half came from households where the adults did not engage in these activities. Each group of second graders was given play money and instructions to shop at the store and purchase groceries and items for the week. The results were:

Every second grader who came from a household that is using tobacco and alcohol, purchased tobacco and alcohol as part of the week's groceries. Just as the second graders who came from household who did not use these products did not purchase them as a part of their shopping lists.

Adults have a HUGE impact on young adults and play the leading role in influencing future behaviors, attitudes, both positive and not so positive. For more information on Positive Indian Parenting, please contact us and sign up for the next sessions.

To read any of Dr Steve's articles in full or to post your own question to Dr Steve email him at sdakai@mitw.org



AlcoholScreening.org

"Is my drinking risky?"

Elder Words of Wisdom

"In our modern world today, we may seem like drowning men because of the loss of much of our spiritual tradition."

--Thomas Yellowtail, CROW



Courtesy Whitebison.org

ALCOHOL-FREE DANCE



PEACE



Employee Page



Employee Anniversaries

Mary Webster 8 years

Mary Barney 4 years

Randy Chevalier 4 years

Shannon Wilber 11 years

Congratulations!!

To Jeff Langlois and
Bruce Wilber Jr. who
completed their
ROPES Instructor Cer-
tifications on March
27th 2009

Happy Easter!!



4/12



Employee Birthdays

Randy Chevalier 4/20

Mary Lambrecht 4/15



Happy 16th Birthday to Maehnowesekiyah

Maehnowesekiyah Wishes to Say

Hello and Goodbye

Welcome To

Tasha Caldwell

Julia Mc Lester

Dena Perez

And Farewell to

Jodi Fossum

Alicia Wilke

Randy Chevalier



Ingrid Washinawatok El Issa

SACRED WATER WALK

APRIL 25, 2009

STARTING AT 9:30 a.m.

KESHENA FALLS

Keshena, WI

The purpose of the water walk is to celebrate this time of the year when the sturgeon heard the sound of the drum beckoning them to come home again.

The water walk will begin at Keshena Falls, which are the original spawning grounds of the sturgeon. Dave "Nahwahquaw" Grignon will say a prayer for the water, and a tobacco offering will be held at the Keshena Falls.

There will be a flute song dedicated especially for Ingrid Washinawatok El Issa. This special song was composed by Ben Grignon "Waqnahwew". Ron Corn Jr., "Moshawquit" along with the young men from "Mawaceseneyah" will be singing a warrior to warrior honor song in recognition of a fallen Menominee Warrior.

After the ceremony, there will be a round dance for everybody to participate, before the walk begins.

"Our Mother Earth provides for us the Nepew (water) for it is the very sustenance to our existence and nothing can survive without our sacred water".

We need to protect this valuable asset that our Creator has so generously given us and teach our children to respect, preserve and conserve for our grandchildren. Please let's all do what we can to preserve our precious water!



For more information, contact Menominee Historic Preservation,
715-799-5258

PROM NIGHT

Saturday, May 2nd, 2009



We want to wish the Menominee Indian High School students a safe and memorable Jr/Sr. Prom this year. We also want to offer these safety tips to our Students, Staff and Parents.

Prom Safety Tips

- Talk with your teens ahead of time about Prom Safety.
- Set clear limits and expectations on curfew and behavior.
- Speak with your teen about what to do if drugs or alcohol are offered.
- Know who your teens' date is and what friends they may be joining
- Stress under no circumstances are they to ride with an intoxicated driver.
- Ensure that your teen has safe transportation to and from.



Fotosearch.com

Here are some alternatives to smoking cigarettes:

- Ride bike
- Swim
- Play tag
- Play video games
- Play chess
- Play checkers
- Laser tag
- Play football
- Play baseball
- Play basketball
- Play soccer
- Ski
- Hunting
- Skate
- Run the track
- Drawing
- Birthday party
- Play with friends
- Read a book
- Color
- Games
- Hang with friends
- Play outside



These come from
the 4th and 5th grade
KPS TRAILS group!!

EARTH WEEK

APRIL 20 TO 24TH, 2009

Maehwnowesekiyah Wellness Center would like to encourage our Community Members to help keep our Mother Earth clean and healthy. Here are some things that you can do.

- Plan a Spring cleanup day at your home or neighborhood.
- Teach children to recycle plastics, bottles, and other materials
- Plant a Tree
- Plant a Garden
- Report littering violations to your local authorities.

UNDERAGE DRINKING FORUM

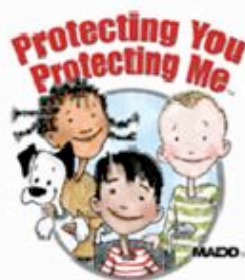
This month's UAD Forum describes our agency's
"Prevention Goal"

SCHOOL BASED TRACK



KIDS MAKING HEALTHY
CHOICES

3-8 YRS OLD



PROTECTING YOU/
PROTECTING ME
An Alcohol use Prevention
Program.

6-11 YRS OLD



A SUBSTANCE ABUSE
PREVENTION PROGRAM FOR
MIDDLE SCHOOL
STUDENTS

10-15 YRS OLD

SUPPORT BASED TRACK



Testing Realities and
Investigating Lifestyles

5-12 YRS OLD



A SUPPORT CLUB FOR YOUTH THAT
HAVE MADE THE CHOICE TO
ABSTAIN FROM ALCOHOL UNTIL AGE
21

11-21 YRS OLD



STUDENTS AGAINST
DESTRUCTIVE DECISIONS

15-19 YRS OLD

Our goal is to get
our youth to age 21
without using alco-
hol, cigarettes/
chewing tobacco
and other drugs.

We do this by cre-
ating quality Inter-
ventions through-
out the early lives
of our Youth.

Accomplishing this
goal can mean a
better quality of
life for our commu-
nity youth.

Please support our
programs and en-
courage your
youth to join our
Clubs.

If you have any questions or suggestions on helping our Com-
munity Youth, please contact our Prevention Department.



**Maehnowesekiyah is proud to participate
in the following Community/Area Coalitions**

NETAENAWEMAKANOK (All my relatives)-Youth Service Providers Coalition-Meets monthly at the High School, addressing the needs of community youth.

AODA CADRE-Sponsored by MISD-Meets monthly at the CMN Commons, addressing the drug and alcohol issues in the Community.

WINAPC-Wisconsin Native American Prevention Coalition-Sponsored by GLITC, addressing Binge and Under-age Drinking in Native Communities.

CCR Coordinated Community Response-addressing the Sexual and Domestic Violence issues in the Community.

Collaboration for Kids-A school based collaboration of agencies that helps at-risk youth succeed in school. 2 teams meet twice a month

Post Traumatic Stress Disorder Awareness Group-addressing needs of veterans, Service members and their families.

**Maehnowesekiyah wishes to Acknowledge and Thank our
Community Partners for their hard work on these Coalitions.**



Friday, May 8th, 2009

**Menominee Indian
High School Theatre**

5:00-6:00

Open Practice

6:00-9:00

Menominee Idol

Prizes

**Food
Sale**

**Judging and performances by
local Menominee celebrities!**

**Come and
show off
your talent!!**

**Complete attached registration form and return
them ASAP so you are sure to hit the stage!!**

**Questions??
Call Lori Besaw
@ 799-3835**

**Sponsored by
Maehnowesekiyah Wellness Center
A DRUG AND ALCOHOL FREE COMMUNITY EVENT**



**Current
list of area
AA and
NA
Meetings**
(Revised 3/17/09)



Monday

AA meeting, 8pm, Maehnowesekiyah Wellness Center (6 miles North West of Keshena) 799-3835

Tuesday

AA meeting, 7pm, Zion Lutheran Church 1254 South Union St. Shawano

Wednesday

AA meeting, 7pm, First Presbyterian Church Shawano

Mallard Bay AA Group, 7pm, N1530 Mallard Bay Rd.
(Deb C. 799-3259, David M. 799-4319, Todd P. 851-7000)
campfire meetings as soon as weather permits - AA/NA Welcome

Thursday

AA meeting, 7pm, First Presbyterian Church Shawano (west entrance)

Friday

AA meeting 8pm, Ascension Lutheran Church Hwy 156 and McDonald Rd.

AA meeting, 8pm, LaMotte Lake House (W2349 Keshena Lake Road, Keshena)
Open meeting last Friday of each month. Details, Loren White, 715-584-4030

Saturday

AA meeting, 8 a.m., Pine Room, Shawano Medical Center Details: 524-4837

Al-Anon meeting, 8 a.m., Learning Center, Shawano Medical Center Details: 524-4837

AA Meeting, 6:30-9pm, Hope Community Church

Sunday

AA meeting, 7 pm., Peace United Church, 208 E. Maurer Details: 524-4837

AA meeting, 8pm, Aught Coyhis home N8991 Mo-He-Con-Nuck Rd. Bowler

1st Sunday of each month, 8pm, Church of the Wilderness – guest speakers/family pot-luck